

# VIRTUAL HAMPSHIRE SCHOOL GAMES



## KEY STAGE 2





# **HAMPSHIRE SCHOOL GAMES**

## **AUTUMN TERM VIRTUAL COMPETITIONS**

The Hampshire SGO's made the decision in June 2020 to make the Autumn Term competitions virtual events due to the uncertainty of Covid-19, and the advice given to ensure the safety of all involved.

We have created a programme of 8 activities based on the competitions that would normally have occurred in the Autumn term. All the activities are skill based and are designed to use as little equipment as possible.

You can choose which competitions you enter, whilst we would encourage you to participate as part of PE lessons, there is not a requirement to do them all.

To score towards the Level 2 and Level 3 events you must enter the total number of participants in the competition, plus the actual scores of the top 5 girls and top 5 boys in each year group using the table supplied, you can enter up to 3 teams per year group.

The top three teams in each SGO area will be awarded Level 2 medals and the Top three teams across the County will be awarded Level 3 medals.

Energise Me are collating the entries and you can either submit your scores directly onto their website OR you can email the results to your SGO who can enter them for you.

<https://www.energiseme.org/schools/hampshire-school-games/>

The activities for Autumn Term are:

Badminton

Basketball

Cross Country

Football

Hockey

Multi-Skills

Sportshall Athletics

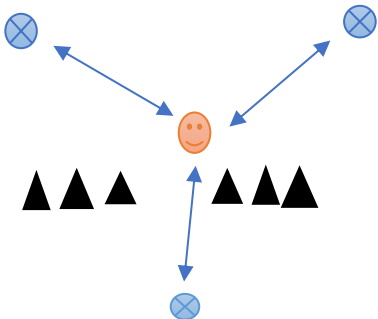


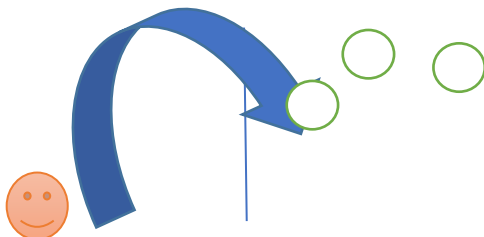

Table Tennis

**ALL RESULTS MUST BE SUBMITTED BY FRIDAY 11 DECEMBER 2020**

**Good Luck and we hope you enjoy the activities!**

# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL BADMINTON – KS2

ACTIVITY	DESCRIPTION / RULES
<p style="text-align: center;"><b>SHUTTLE RUN</b></p> 	<ul style="list-style-type: none"> <li>Place 3 markers down on the ground about 5m apart in a triangle.</li> <li>The player has 6 shuttles or bean bags and starts in the middle of the triangle.</li> <li>Start the timer. The player takes one shuttle to one of the cones then comes back to the marker to collect the next shuttle. The player then takes this shuttle to the next cone. Repeat with the other shuttles.</li> <li>How quickly can the player complete the 6 runs?</li> <li>Years 5/6 should try to keep their feet facing the cones all the time.</li> </ul>
<p style="text-align: center;"><b>KEEPY UPS</b></p> 	<ul style="list-style-type: none"> <li>Using a racket and shuttle or if those are not available, a balloon, how many times can the player keep the shuttle/balloon up in the air in 1 minute.</li> <li>Tell the player to try to hit the shuttle or balloon with their palm facing up. Then have a go with their palm facing down.</li> </ul>
<p style="text-align: center;"><b>RACKET RELAY</b></p> 	<ul style="list-style-type: none"> <li>Place a bucket or hoop at one end of the area about 10m away from the starting marker. Players have a racket each and 5 shuttles. In between the start and the hoop/bucket place 2 mini hurdles/low barriers.</li> <li>On 'Go', the player carries one of their shuttles on their racket (egg and spoon style) over the barriers to the bucket/hoop and leaves it there. They then run back to the start and repeat.</li> <li>How quickly can each player complete 5 runs?</li> </ul>
<p style="text-align: center;"><b>TARGET SERVE</b></p> 	<ul style="list-style-type: none"> <li>Each player has 6 shuttles. They stand on one side of a line away from 3 hoops and on a diagonal. The hoops are placed at different distances to the line</li> <li>The player must try to 'serve' the shuttle, underarm over the line and into the hoops.</li> <li>How many serves can they get into the hoops out of 6 attempts?</li> </ul>
<p style="text-align: center;"><b>LET'S RALLY</b></p> 	<ul style="list-style-type: none"> <li>Players should be in pairs and have a racket each and a shuttle between them.</li> <li>How many times can each player hit the shuttle to their partner before it drops on the floor?</li> <li>Yrs 5/6 should count how many shots they can make in one minute.</li> </ul>



## HAMPSHIRE SCHOOL GAMES - VIRTUAL BADMINTON KS2 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Shuttle Run (Time in 00:00)	Keepy Ups (Number)	Racket Relay (Time in 00:00)	Target Serve (Number)	Balloon Rally (Number)
<i>Eg. 1. Sammy</i>	4	B	01:34	5	02:45	4	7
1.	3	G					
2.	3	G					
3.	3	G					
4.	3	G					
5.	3	G					
6.	3	B					
7.	3	B					
8.	3	B					
9.	3	B					
10.	3	B					
11.	4	G					
12.	4	G					
13.	4	G					
14.	4	G					
15.	4	G					
16.	4	B					
17.	4	B					
18.	4	B					
19.	4	B					
20.	4	B					
21.	5	G					



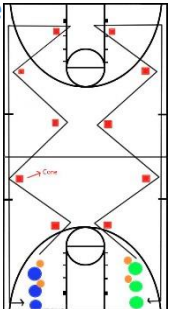


22.	5	G					
23.	5	G					
24.	5	G					
25.	5	G					
26.	5	B					
27.	5	B					
28.	5	B					
29.	5	B					
30.	5	B					
31.	6	G					
32.	6	G					
33.	6	G					
34.	6	G					
35.	6	G					
36.	6	B					
37.	6	B					
38.	6	B					
39.	6	B					
40.	6	B					

**ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS**



# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL BASKETBALL – KS2

ACTIVITY	DESCRIPTION / RULES
<p><b>Count the Bounce</b></p> 	<ul style="list-style-type: none"> <li>In pairs, bounce the ball in different ways. When your partner is bouncing the ball it is your job to count how many bounces they can complete in 30 seconds.</li> <li><u>Types of bounces:</u></li> <li>Bounce using right hand only and then left hand only</li> <li><b>How many times can you dribble in right hand? Now try left hand?</b></li> </ul> <p><i>Progression: How times can you dribble the ball from each hand (left to right) in 30 seconds?</i></p>
<p><b>Bounce On</b></p> 	<ul style="list-style-type: none"> <li>Working in pairs; stand 2m apart, with a marker spot in the middle of you both. Pass the ball to each other as many times as you can without dropping it.</li> <li><u>Types of passes:</u></li> <li>Chest pass</li> <li>Bounce pass</li> <li><b>How many can you do in 45 seconds?</b></li> </ul> <p><i>Progression: Make the marker spot smaller. Move 3m apart.</i></p>
<p><b>Dribble Relay</b></p> 	<ul style="list-style-type: none"> <li>Split into two teams of 5</li> <li>Each team places five cones about 2m apart</li> <li>Children number themselves 1,2,3 and so on</li> <li>On "GO!" number 1's dribble the ball (with your dominant hand), weaving through the cones and back</li> <li>Chest pass or bounce pass to the next child and repeat until all have gone</li> <li>Time each team, <b>how it long it takes to complete?</b></li> </ul> <p><i>Progression: use your non-dominant hand only.</i></p>
<p><b>Spots Shooting</b></p> 	<ul style="list-style-type: none"> <li>Split into 2 small groups of 5</li> <li>Place 5 marker spots or cones, different distances and places around the "hoop"</li> <li>Children assign each spot a number value, high numbers for those more difficult to shoot (5 being the hardest, 1 the easiest)</li> <li>Children pick a spot to start from and shoot at the hoop, they get that value if they make the shot – children move around all the spots and attempt to shot from each</li> <li><b>How many points can each child get?</b> Maximum score 15.</li> </ul> <p><i>Progression: How many points can you get in 60 seconds?</i>  <i>*if you haven't got a basketball hoop – a tripod basket or hoop on the floor is perfect</i></p>
<p><b>Countdown Pass</b></p> 	<ul style="list-style-type: none"> <li>10 children make circle</li> <li>Ball can be passed in any direction, using either a bounce or chest pass</li> <li>Children pass the ball to each other around/across the circle – <i>make sure each child gets the ball</i></li> <li>After 15 seconds, timekeeper blow the whistle and the person with the ball is out (<i>they can help with timing and scoring</i>)</li> <li>Timekeeper stops the game after 90 seconds – all players left remaining get a point</li> <li>All children back in – and game starts again.</li> <li>Play 10 rounds</li> <li><b>How many points did each child get at the end of all rounds?</b></li> </ul>

## HAMPSHIRE SCHOOL GAMES - VIRTUAL BASKETBALL KS2 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School							Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Count the Bounce		Bounce On		Dribble Relay (Time in 00:00)	Spots Shooting (Number)	Count-down pass (Number)
			<i>Right Hand (number)</i>	<i>Left Hand (Number)</i>	<i>Chest Pass (Number)</i>	<i>Bounce Pass (Number)</i>			
<i>Eg. 1. Sammy</i>	4	B	10	8	10	8	02:35	8	9
1.	3	G							
2.	3	G							
3.	3	G							
4.	3	G							
5.	3	G							
6.	3	B							
7.	3	B							
8.	3	B							
9.	3	B							
10.	3	B							
11.	4	G							
12.	4	G							
13.	4	G							
14.	4	G							
15.	4	G							
16.	4	B							
17.	4	B							
18.	4	B							

19.	4	B							
20.	4	B							
21.	5	G							
22.	5	G							
23.	5	G							
24.	5	G							
25.	5	G							
26.	5	B							
27.	5	B							
28.	5	B							
29.	5	B							
30.	5	B							
31.	6	G							
32.	6	G							
33.	6	G							
34.	6	G							
35.	6	G							
36.	6	B							
37.	6	B							
38.	6	B							
39.	6	B							
40.	6	B							

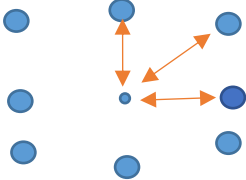

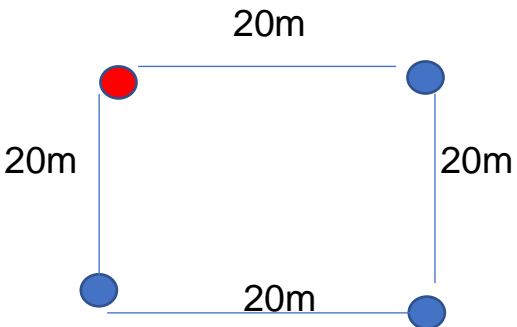
ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL





# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL CROSS COUNTRY– KS2

ACTIVITY	DESCRIPTION / RULES
<p style="text-align: center;"><b>STAR RUN</b></p> 	<ul style="list-style-type: none"> <li>Place 8 markers in a star around a central point. The radius should be 15-20m</li> <li>Starting in the middle, run out to one marker and back to the middle. Repeat to each marker making sure you go around each marker.</li> <li>Fastest time to complete 8 runs.</li> </ul>
<p style="text-align: center;"><b>RACE</b></p>	<ul style="list-style-type: none"> <li>Year 3/4 Time how long it takes to run a 1000 m course.</li> <li>Year 5/6 Time how long it takes to run a 2000m course</li> <li>Where possible to be run on a flat course grass. If the grass area is not suitable please use a hard court/playground.</li> <li>Distances to run in as few laps/shuttles as possible</li> </ul>
<p style="text-align: center;"><b>HURDLER</b></p> 	<ul style="list-style-type: none"> <li>Set up a course of about 400m with 6 – 8 barriers in it.</li> <li>Pupils have to run the course going over the barriers as quickly as possible.</li> <li>Who can run it the fastest.</li> <li>Increase the length of the run or number of barriers to make it more challenging.</li> </ul>
<p style="text-align: center;"><b>VARIED PACE RUNNING</b></p> 	<ul style="list-style-type: none"> <li>Place down 4 cones to create 4 corners of a box. The distances between cones is 20m. Pick a start point.</li> <li>1. Run all 4 sides</li> <li>2. Run 3 sides Sprint 1</li> <li>3. Run 2 sides Sprint 2</li> <li>4. Run 1 side Sprint 3</li> <li>5. Sprint all 4 sides</li> <li>•</li> <li>Time how long it takes to complete the circuit.</li> </ul>

For information on teaching points and guidance for these activities look at the Elevating athletics resource website [http://ucoach.com/teachers/elevating\\_athletics\\_resource/elevating-athletics-pcr-running-9-12/](http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-pcr-running-9-12/)



## HAMPSHIRE SCHOOL GAMES - VIRTUAL CROSS COUNTRY KS2 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants	
Name or Number	Year Group	Girl/Boy	Star Run (Time in 00:00)	Race time (Time in 00:00)	Hurdler (Time in 00:00)	Varied pace Running (Time in 00:00)
<i>Eg. 1. Sammy</i>	4	B	01:34	03:53	03:56	06:32
1.	3	G				
2.	3	G				
3.	3	G				
4.	3	G				
5.	3	G				
6.	3	B				
7.	3	B				
8.	3	B				
9.	3	B				
10.	3	B				
11.	4	G				
12.	4	G				
13.	4	G				
14.	4	G				
15.	4	G				
16.	4	B				
17.	4	B				
18.	4	B				
19.	4	B				


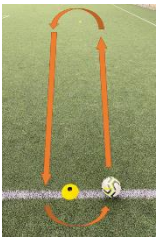



20.	4	B				
21.	5	G				
22.	5	G				
23.	5	G				
24.	5	G				
25.	5	G				
26.	5	B				
27.	5	B				
28.	5	B				
29.	5	B				
30.	5	B				
31.	6	G				
32.	6	G				
33.	6	G				
34.	6	G				
35.	6	G				
36.	6	B				
37.	6	B				
38.	6	B				
39.	6	B				
40.	6	B				

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS



# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL FOOTBALL – KS2

ACTIVITY	DESCRIPTION / RULES
<p><b>'The Slalom'</b> (Dribble)</p> 	<ul style="list-style-type: none"> <li>You will need: A ball, 4 markers, a stopwatch</li> <li>Set 4 markers out in a straight line that are 1m apart</li> <li>On the command 'Go' the participant dribbles in and out of each cone and back.</li> <li>Every completed slalom back to the start cone is 1 point.</li> <li>2 minutes to gain as many points as possible.</li> <li>Record the score and use a stopwatch to time</li> </ul>
<p><b>8 Metre Dash</b> (Running with the Ball)</p> 	<ul style="list-style-type: none"> <li>You will need: A ball, 2 markers, a stopwatch</li> <li>Set 2 markers out that are 8 metres apart.</li> <li>Start behind one of the markers</li> <li>On the command 'Go', the participant runs with the ball around each marker.</li> <li>Every completed 'end' is 1 point</li> <li>2 minutes to gain as many points as possible.</li> <li>Record the score and use a stopwatch to time</li> </ul>
<p><b>Rebound Race</b> (Passing)</p> 	<ul style="list-style-type: none"> <li>You will need: a wall, a ball, a stopwatch</li> <li>Place the marker 1.5 metres away from the wall</li> <li>On 'Go', the participant passes the ball against the wall.</li> <li>Every pass against the wall is 1 point.</li> <li>Encourage participants to control the ball before each pass.</li> <li>2 minutes to gain as many points as possible.</li> <li>Record the score and use a stopwatch to time.</li> </ul>
<p><b>Aiming Accuracy</b> (Passing Target)</p> 	<ul style="list-style-type: none"> <li>You will need: a ball, 13 markers</li> <li>Use 4 markers to create 3 'target' areas (2 metre square)</li> <li>Use a marker to designate where to pass from and create the 3 target areas 2m, 4m and 6m away.</li> <li>Using different types of passes try and hit each target area – the ball does not have to remain in the target area.</li> <li>You have 10 attempts to hit any target – the ball can only pass through one target each attempt. E.G if it lands in target zone 1 first then you only get the point for hitting that target zone.</li> <li>2m target hit – 1 point, 4m – 2 points, 6m - 3 points.</li> <li>Record the score – Max 30 points available</li> </ul>
<p><b>Knockdown Challenge</b> (Shooting)</p> 	<ul style="list-style-type: none"> <li>You will need: a ball, 5 markers, 5 targets (bottles/cans etc), if possible a football goal.</li> <li>Place the 5 targets evenly spread across the goal line 0.5m away from each other if possible.</li> <li>Place the starter marker 2m away from the goal line, then the other 4 markers a metre further back each time.</li> <li>You have 1 attempt from each marker to knock down a target.</li> <li>2m – 1 point, 3m – 2 points, 4m – 3 points, 5m – 4 points, 6m – 5 points.</li> <li>Record your score – Max 15 points available.</li> </ul>

## HAMPSHIRE SCHOOL GAMES - VIRTUAL FOOTBALL KS2 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	The Slalom (Number)	8 Metre Dash (Number)	Rebound Race (Number)	Aiming Accuracy (Number)	Knockdown Challenge (Number)
<i>Eg. 1. Sammy</i>	4	B	6	5	9	5	7
1.	3	G					
2.	3	G					
3.	3	G					
4.	3	G					
5.	3	G					
6.	3	B					
7.	3	B					
8.	3	B					
9.	3	B					
10.	3	B					
11.	4	G					
12.	4	G					
13.	4	G					
14.	4	G					
15.	4	G					
16.	4	B					
17.	4	B					
18.	4	B					
19.	4	B					

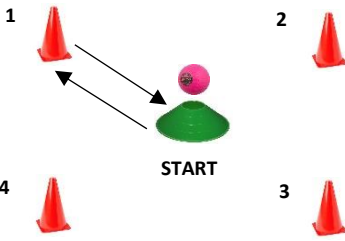
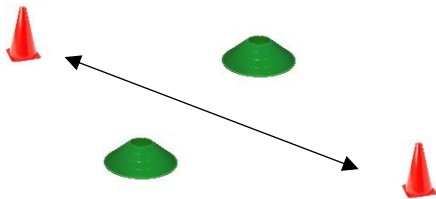
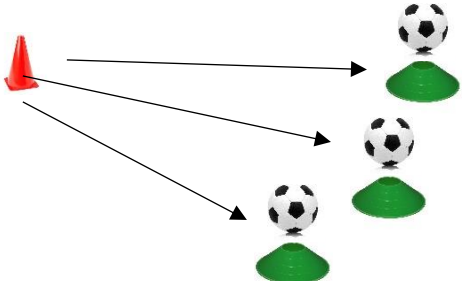
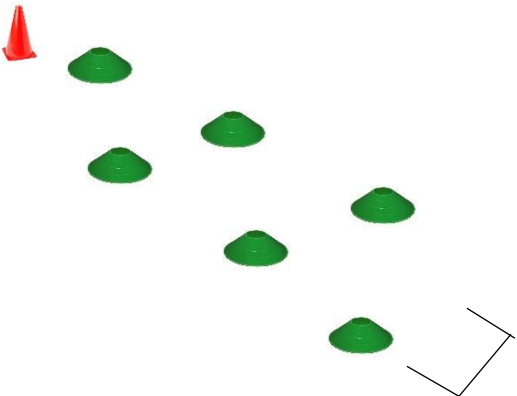
20.	4	B					
21.	5	G					
22.	5	G					
23.	5	G					
24.	5	G					
25.	5	G					
26.	5	B					
27.	5	B					
28.	5	B					
29.	5	B					
30.	5	B					
31.	6	G					
32.	6	G					
33.	6	G					
34.	6	G					
35.	6	G					
36.	6	B					
37.	6	B					
38.	6	B					
39.	6	B					
40.	6	B					

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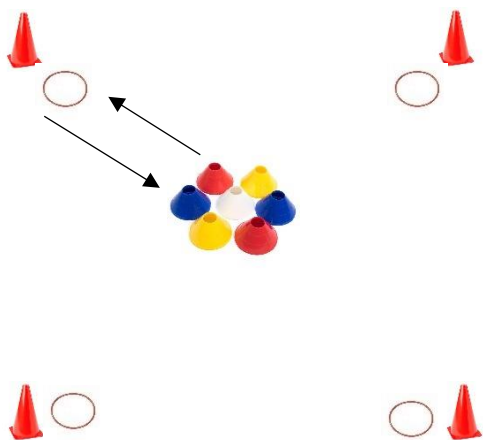


# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL HOCKEY – KS2

ACTIVITY	DESCRIPTION / RULES
<p><b>Dribble Sprints – (Individual)</b></p> 	<ul style="list-style-type: none"> <li>You will need: 5 cones, 1 hockey ball, a stopwatch</li> <li>Set up a 10x10 grid with a hockey ball at each corner. Place a cone in the centre of the square.</li> <li>This event will have a time as the score</li> <li>Each participant will dribble the ball from the middle start cone. Dribble up and around the 1<sup>st</sup> cone then back to the middle.</li> <li>Then to 2<sup>nd</sup> 3<sup>rd</sup> and 4<sup>th</sup></li> <li>When they finish the 4<sup>th</sup> then stop the clock</li> <li>(LOWEST TIME AS POSSIBLE)</li> </ul>
<p><b>Precision Passing – (Pairs)</b></p> 	<ul style="list-style-type: none"> <li>You will need: 4 cones (2 different colours), 1 hockey ball, a stopwatch</li> <li>Using 2 cones (green) set up a passing gate with the cones ½ metre apart.</li> <li>In pairs, pass the ball as many times as possible through the gate in 1 minute.</li> <li>Pairs should stand 10 metres apart. (5 metres from centre)</li> <li>Increase or decrease the size of the passing gate to make it easier or more difficult</li> <li>(COMBINED SCORE)</li> </ul>
<p><b>Sink the Ship – (Individual)</b></p> 	<ul style="list-style-type: none"> <li>You will need: 4 cones (3 of 1 colour, 1 of a different colour), 3 large balls (eg footballs), hockey balls</li> <li>Place 3 footballs/basketballs on cones roughly 2 metres apart</li> <li>The idea of the game is to knock every ball off the cones in as few shots as possible. (In any order)</li> <li>(LEAST AMOUNT OF ATTEMPTS)</li> </ul>
<p><b>Dribble, Shoot, Score! - (Individual)</b></p> 	<ul style="list-style-type: none"> <li>You will need: 6 cones to dribble through, a goal (or different colour cones), at least 1 hockey ball</li> <li>This part of the competition will use all of the skills in the previous activities.</li> <li>Students need to be in groups of 4</li> <li>6 cones should be placed at a metre interval.</li> <li>At the end of the cones, you will need a goal, if you don't have a one then use cones. The goal should be 5 metres from the cones (increase if this is too easy)</li> <li>Participants should dribble between the cones be careful to go in between each one before shooting at the goal (retrieve the ball) and start the sequence again from the red cone.</li> <li>How many can you do in 2 minutes</li> <li>(HIGHEST SCORE AS POSSIBLE)</li> </ul>

### Collect-a-Cone



- You will need: 4 hockey balls, 4 hoops, 50 – 70 cones.
- Place the cones to make a 15 x 15 grid (min)
- Scatter the cones inside the grid
- Students need to be in teams of 4 but each individual score will be added together to get one final score
- The idea of the game is to get as many cones back into your hoop
- Participants have to dribble to a cone, touch the cone with the ball. Then pick up the cone up and bring it back to their hoop. Then repeat
- All 4 players go at the same time
- 1 minute to see how many they can get
- Add all 4 players cones up to get one score
- (HIGHEST SCORE AS POSSIBLE)





## HAMPSHIRE SCHOOL GAMES - VIRTUAL HOCKEY KS2 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Dribble sprints (Time in 00:00)	Precision passing (Number)	Sink the ship (Number)	Dribble, shoot, score! (Time in 00:00)	Collect-a-ball (Time in 00:00)
<i>Eg. 1. Sammy</i>	<i>4</i>	<i>B</i>	<i>02:30</i>	<i>7</i>	<i>10</i>	<i>03:30</i>	<i>5:36</i>
1.		G					
2.		G					
3.		G					
4.		G					
5.		G					
6.		B					
7.		B					
8.		B					
9.		B					
10.		B					
11.		G					
12.		G					
13.		G					
14.		G					
15.		G					
16.		B					
17.		B					
18.		B					
19.		B					

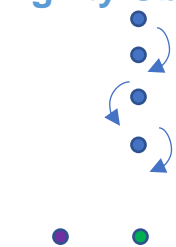



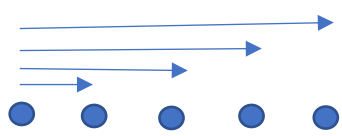
20.		B					
21.		G					
22.		G					
23.		G					
24.		G					
25.		G					
26.		B					
27.		B					
28.		B					
29.		B					
30.		B					
31.		G					
32.		G					
33.		G					
34.		G					
35.		G					
36.		B					
37.		B					
38.		B					
39.		B					
40.		B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS



# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL MULTI SKILLS – KS2

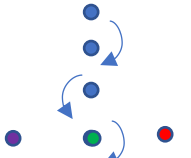


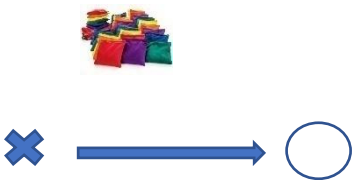

ACTIVITY	DESCRIPTION / RULES
<p><b>Agility Obstacles</b></p> 	<ul style="list-style-type: none"> <li>• Lay out 4 cones in a line, 1m apart. Then 3 cones horizontal at the end 1m from last cone. <b>Year 5/6 have 5 cones horizontal.</b></li> <li>• Starting at the first cone. You must weave in and out of the cones</li> <li>• Once you get to the end, touch one of the 5 cones</li> <li>• Run back to the start and repeat</li> <li>• You must touch ALL cones (one at a time)</li> <li>• <b>How quickly can you do it?</b></li> </ul>
<p><b>Cross the swamp</b></p> 	<ul style="list-style-type: none"> <li>• Have two markers 5 metres apart</li> <li>• Grab yourself two hoops or two flat markers</li> <li>• The aim is to cross the swamp, but you can only stand either in your hoops or on markers.</li> <li>• <b>How many times can you cross the swamp in 45 seconds</b></li> <li>• Remember – do not throw hoop/marker too far in front, otherwise you will not be able to reach it to help you across the swamp.</li> </ul>
<p><b>Target Throw</b></p> 	<ul style="list-style-type: none"> <li>• Place a hoop 5 metres from your starting point</li> <li>• Have next to you 5 bean bags</li> <li>• On go throw the bean bags one at a time into the hoop</li> <li>• If you miss the hoop, go and collect it and have another go</li> <li>• <b>How long will it take you to throw all 5 bean bags into the hoop</b></li> </ul>
<p><b>Beat the Clock</b></p> 	<ul style="list-style-type: none"> <li>• Place a hoop 5 metres from your starting point</li> <li>• Have next to you a 20 items (cones/bean bags)</li> <li>• Pick up one item, you must hop on one leg as fast as you can and place item in hoop. You must place in hoop – not throw</li> <li>• <b>How many items can you place in hoop in 30 seconds.</b></li> </ul>
<p><b>Sideways Stepping</b></p> 	<ul style="list-style-type: none"> <li>• Have 5 cones in a line, one metre apart.</li> <li>• To complete this exercise you must move side ways</li> <li>• Starting on cone one, sidestep to cone two. Touch the cone with your foot</li> <li>• Sidestep back to cone one, then sidestep to cone three.</li> <li>• Back to cone one, then side to cone four</li> <li>• Back to cone one, then sidestep to cone five</li> <li>• Back to cone one</li> <li>• <b>How quickly can you do it?</b></li> </ul>

**If you are unable to use cones/hoops. Use chalk to mark out starting points, hoop/goal on floor for target activities and use for agility obstacle course.**

For information on teaching points and guidance for these activities look on the Your School Games website - <https://www.yourschoolgames.com/coronavirus-support/ngb-activities/multi-skill-festivals/>

# Hampshire School Games

## Virtual Multi Skills Coaching support

Activity	COACHING POINTS
<b>Agility Obstacles</b> 	<ul style="list-style-type: none"> <li>• Keep close to cones, quick feet whilst weaving in and out of cone</li> <li>• Bend with your knees when touching the cone at the end</li> <li>• Think about which colour cone you are going to touch when weaving in between cones.</li> </ul>
<b>Cross the swamp</b> 	<ul style="list-style-type: none"> <li>• Do not throw the hoop/marker too far in front. As you are not allowed to touch floor to go collect.</li> <li>• Bend with your knees when picking up hoop/marker to move forward</li> <li>• Use arms to help with balance</li> </ul>
<b>Target Throw</b> 	<ul style="list-style-type: none"> <li>• Bean bag in your throwing hand</li> <li>• Face your target</li> <li>• Once bean bag is released, follow through your throwing arm to the target</li> <li>• Have a controlled throwing motion</li> </ul>
<b>Beat the Clock</b> 	<ul style="list-style-type: none"> <li>• On the balls of your feet when running in between the starting point and hoop</li> <li>• Use arms to help increase your speed</li> <li>• Bend with your knees when picking up object and placing it in to the hoop</li> </ul>
<b>Sideways Stepping</b> 	<ul style="list-style-type: none"> <li>• Side ways on, keep looking in the direction you are facing. Only look at the cones when you are nearly at each end.</li> <li>• Weight on the balls of your feet</li> <li>• Knees slightly bent</li> <li>• Arms out at the side for balance</li> <li>• Smooth rhythmical movement</li> <li>• Side steps not too big</li> </ul>

## HAMPSHIRE SCHOOL GAMES - VIRTUAL MULTI SKILLS KS2 RESULTS

**Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you**

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Agility Obstacle (Time in 00:00)	Cross the swamp (Number)	Target Throw (Time in 00:00)	Beat the clock (Number)	Sideways Stepping (Number)
<i>Eg. 1. Sammy</i>	4	B	02:30	5	03:45	10	5
1.	3	G					
2.	3	G					
3.	3	G					
4.	3	G					
5.	3	G					
6.	3	B					
7.	3	B					
8.	3	B					
9.	3	B					
10.	3	B					
11.	4	G					
12.	4	G					
13.	4	G					
14.	4	G					
15.	4	G					
16.	4	B					
17.	4	B					
18.	4	B					
19.	4	B					

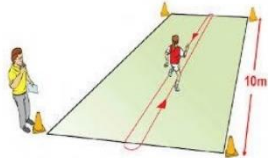
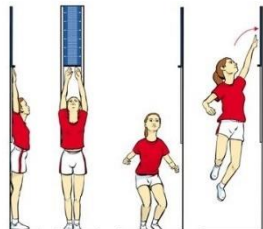
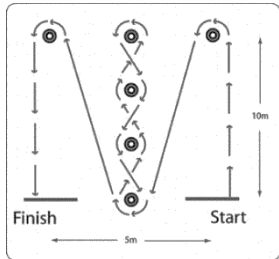
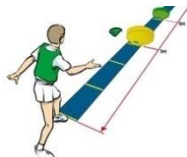
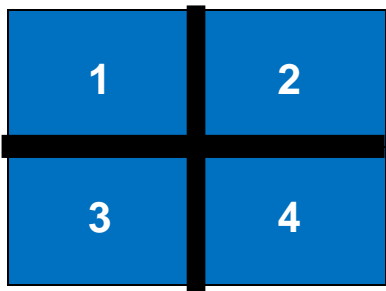
20.	4	B					
21.	5	G					
22.	5	G					
23.	5	G					
24.	5	G					
25.	5	G					
26.	5	B					
27.	5	B					
28.	5	B					
29.	5	B					
30.	5	B					
31.	6	G					
32.	6	G					
33.	6	G					
34.	6	G					
35.	6	G					
36.	6	B					
37.	6	B					
38.	6	B					
39.	6	B					
40.	6	B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS



# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL SPORTSHALL ATHLETICS – KS2

ACTIVITY	DESCRIPTION / RULES
<p><b>Shuttle Run</b></p> 	<ul style="list-style-type: none"> <li>Set 2 cones out that are 5m apart</li> <li>This will create the running lane.</li> <li>On the command 'Go' the athlete runs the 5m distance a total of 12 times for Year 3/4 pupils and 16 times for Year 5/6 pupils to complete the equivalent of 60m or 80m.</li> <li>Record the score using a stopwatch or smart phone</li> <li>Make sure you count the laps as they go</li> </ul>
<p><b>Vertical Jump</b></p> 	<ul style="list-style-type: none"> <li>The participant stands with their back and heels touching the wall.</li> <li>Both arms should be stretched upwards and legs straight.</li> <li>The printed scale provided should be stuck on the wall and a mark made where the top of the fingers reach when fully stretched.</li> <li>Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point.</li> <li>Record the number reached and calculate the difference between stretched height and jumped height.</li> <li>You can also use a long ruler or tape measure to measure the difference between the finger tips when stretched up and the jump height achieved</li> </ul>
<p><b>Agility Run</b></p> 	<ul style="list-style-type: none"> <li>Mark out a start and finish area that are 5m apart width ways</li> <li>From the start line place a marker 10m away from it and then do the same for the finish line</li> <li>In the middle of the start and finish lines place 4 cones in a line to act as a slalom</li> <li>On 'Go' the athlete runs up to the first cone and goes around it before running back towards the first of the middle cones</li> <li>Go around the cone and then go in and out of the remaining cones and copy on the way back</li> <li>Lastly run to the cone opposite the finish line go around it</li> <li>Stop the watch when the athlete crosses the finish line</li> </ul>
<p><b>Target Throw</b></p> 	<ul style="list-style-type: none"> <li>The participant stands behind a line and throws three items into the target placed at 3m.</li> <li>The target is then moved to 5m and the process is repeated.</li> <li>4 points if the item lands in the target.</li> <li>2 points if the item bounces out of the target or if the item touches the floor before the target</li> <li>Record how many points are scored with 6 throws</li> </ul>
<p><b>Highland Steps</b></p> 	<ul style="list-style-type: none"> <li>Step over the wedges one foot followed by the other so both feet have impacted with the floor in each section.</li> <li>Follow the sequence 1, 2, 3, 4 for 30 seconds.</li> <li>Both feet must land in each section of the Highland Steps Mat.</li> <li>If the participant stands on the wedge then they can either return to space number one or the space before the error occurred and continue. If they do not and continue the cycle will not count.</li> <li>1 point for 1 cycle (1, 2, 3, 4) finished in the correct sequence.</li> <li>After 30 seconds the full cycles are counted as the participants score.</li> </ul>

## HAMPSHIRE SCHOOL GAMES - VIRTUAL SPORTSHALL ATHLETICS KS2 RESULTS

Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Shuttle (Time in 00:00)	Vertical Jump (Height in cm)	Agility Run (Time in 00:00)	Target Throw (Number)	Highland Steps (Number)
<i>Eg. 1. Sammy</i>	4	B	02:30	35cm	03:45	10	5
1.	3	G					
2.	3	G					
3.	3	G					
4.	3	G					
5.	3	G					
6.	3	B					
7.	3	B					
8.	3	B					
9.	3	B					
10.	3	B					
11.	4	G					
12.	4	G					
13.	4	G					
14.	4	G					
15.	4	G					
16.	4	B					
17.	4	B					
18.	4	B					
19.	4	B					
20.	4	B					



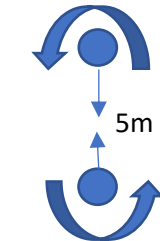

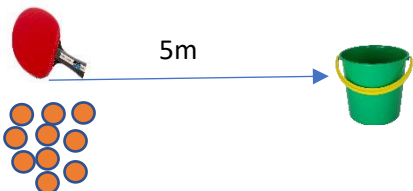
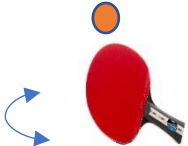
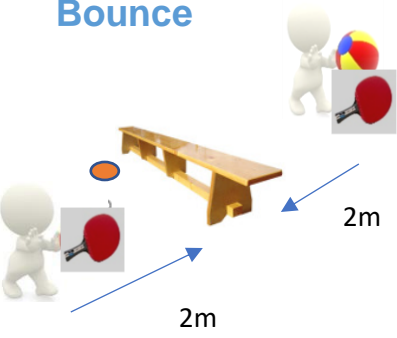
21.	5	G					
22.	5	G					
23.	5	G					
24.	5	G					
25.	5	G					
26.	5	B					
27.	5	B					
28.	5	B					
29.	5	B					
30.	5	B					
31.	6	G					
32.	6	G					
33.	6	G					
34.	6	G					
35.	6	G					
36.	6	B					
37.	6	B					
38.	6	B					
39.	6	B					
40.	6	B					

ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS



# HAMPSHIRE SCHOOL GAMES 2020

## VIRTUAL TABLE TENNIS – KS2

ACTIVITY	DESCRIPTION / RULES
<p><b>Balance Walk</b></p> 	<ul style="list-style-type: none"> <li>Put out 2 cones 5 metres apart</li> <li>You need a bat and a ball.</li> <li>Starting at the first cone, you must walk round the cones balancing your ball on the bat.</li> <li>Walk for 1 minute. Keep a count of how many times the ball drops off the bat</li> <li>Smallest number is best.</li> </ul>
<p><b>Bat Bounce</b></p> 	<ul style="list-style-type: none"> <li>You need a bat and a ball.</li> <li>Keep a score of how many times you can bounce the ball on the bat in 30 seconds.</li> </ul>
<p><b>Hit into Bucket</b></p> 	<ul style="list-style-type: none"> <li>Place a bucket 5 metres away from your start line. Put a bib in the bottom of the bucket so balls don't bounce out!</li> <li>You will need a bat and 10 balls</li> <li>From your start line try to hit the 10 balls, one at a time, into the bucket.</li> <li>How many can you get in the bucket?</li> </ul>
<p><b>Front to Back Bat Bounce</b></p> 	<ul style="list-style-type: none"> <li>You need a bat and a ball.</li> <li>Bounce the ball on your bat, alternating between forehand and backhand</li> <li>How many bounces can you do continuously in 30 seconds?</li> </ul>
<p><b>Bench Bounce</b></p> 	<ul style="list-style-type: none"> <li>You will need a bat, a ball and a bench</li> <li>In partners, stand facing each other with the bench in-between. Each person should be 2m from the bench.</li> <li>Hit the ball so that it bounces off the bench to your partner. They then complete the pass by hitting the ball back to you off the bench.</li> <li>Count how many passes you can make in 1 minute</li> </ul>

## HAMPSHIRE SCHOOL GAMES - VIRTUAL TABLE TENNIS KS2 RESULTS

**Using the table below submit your top 5 girls and top 5 boys scores for your school and enter through the Energise Me website or send your score sheet to your SGO to submit for you**

School					Total Number of Participants		
Name or Number	Year Group	Girl/Boy	Balance Walk (Number)	Bat Bounce (Number)	Hit Into Bucket (Number)	Front to Back Bat Bounce (Number)	Bench Bounce (Number)
<i>Eg. 1. Sammy</i>	4	B	3	12	5	10	7
1.	3	G					
2.	3	G					
3.	3	G					
4.	3	G					
5.	3	G					
6.	3	B					
7.	3	B					
8.	3	B					
9.	3	B					
10.	3	B					
11.	4	G					
12.	4	G					
13.	4	G					
14.	4	G					
15.	4	G					
16.	4	B					
17.	4	B					
18.	4	B					
19.	4	B					

20.	4	B					
21.	5	G					
22.	5	G					
23.	5	G					
24.	5	G					
25.	5	G					
26.	5	B					
27.	5	B					
28.	5	B					
29.	5	B					
30.	5	B					
31.	6	G					
32.	6	G					
33.	6	G					
34.	6	G					
35.	6	G					
36.	6	B					
37.	6	B					
38.	6	B					
39.	6	B					
40.	6	B					

**ENTRIES SHOULD BE SUBMITTED BY FRIDAY 11<sup>TH</sup> DECEMBER TO BE ENTERED FOR THE HAMPSHIRE SCHOOL GAMES LEVEL 2 & 3 EVENTS**

# HAVE FUN & GOOD LUCK

